

## EMDR PHASE 2: GROUP STRUCTURE

1. Containment: this practice invites clients to find some distance from their day to day life, unresolved conflicts, people, places and things to do.
  - Practicing in the beginning of group helps establish presence.
  - Containment also facilitates the move towards a more neutral state in the body allowing for some relief and present moment orientation.
  - This internal shift and any positive or neutral state associated can be installed with slow BLS.
  
2. Mindfulness, grounding and/or embodiment exercise.
  - This exercise will focus on present moment orientation, connection to the body, and basic grounding and breath skills.
  - Slow BLS with any positive or neutral sensation, emotions etc
  
3. Positive State RDI: Once the group is grounded and in a neutral, present state, movement towards a positive state resource is more easily accessible to the nervous system.
  - Examples: memory of success during the week, a moment of connection, use of skills, nurturing, wise, or protector figure, whatever may be currently relevant to the group or the members.
  
4. Review the uses of the skill of the week.
  - RDI: successful use of skills
  - Reimagining the way the client wish it could have gone.
  - Future template of success next time.
  
5. Introduce the new skill:
  - Identify blocking beliefs, behavioral patterns, and parts that inhibit the use of skills.
  - RDI: future template of using the new skills in a adaptive manner, multiple rounds can be used to trouble shoot and install success ahead of time.
  
6. Closure: commitment to practice and RDI
  - Best part of group, take away, or moment of connection to self and others.
  - Bridge the resources out to the world outside the therapy room. Future template.